

# ENDO X GROUP™

## Home Care Following Endodontic Treatment

- **Numbness:** Numbness usually lasts few hours. Please do not chew anything or drink hot or cold liquids until your numbness is gone.
- **Chewing:** Do not chew on the Tooth at all until the treatment is finalized.
- **Temporary:** If your temporary comes loose, don't panic it's not an emergency. Place it back on your tooth using a small amount of any of the following temporary cements:
  - Fixodent (denture adhesive from any drugstore)
  - Fluoridated toothpaste (it will hold the crown), or
  - Vaseline (also acts as cement in a crown),

And gently brush away any excess. If you were not successful with any of the above methods, call us for an appointment to re-cement your temporary. Don't leave your temporary out of your mouth because teeth may shift and prevent the fitting of your permanent crown or bridge.

- **Discomfort:** We expect slight discomfort following your treatment.
  - For gums: Rinse 3 or 4 times daily with warm salt water (1/2 teaspoon table salt in 8 oz. warm water). Do not avoid gentle brushing! A clean mouth heals faster.
  - For muscles: Gently chew on a piece of sugarless gum to relax muscles. Chew on the side opposite your treatment.
  - For teeth: Be patient, do not chew on the tooth at all. Use your favorite brand of pain reliever if necessary (Ibuprofen tends to work best for dental pain). Call us if you have excessive pain.
- **Medication:** Take prescribed medication as directed on the label.
- **Finalizing Treatment:** Remember that root canal treatment is not the final treatment for a tooth. Your tooth will need a final restoration for protection, such as a crown or a permanent filling. If an obturated canal is exposed to saliva, leakage will compromise the root filling material requiring retreatment at additional cost. Ask your dentist about finalizing treatment, and remember not to chew on the tooth at all until then.
- **Call us:** Be sure to call if you notice any swelling, rash, itching, fever, etc. or if you have any further questions or concerns.